



**FLU CAN MEAN THE END OF THE LINE,
HOW DO YOU RATE YOUR CHANCES?**

FLU

**EVERYONE IS AT RISK FROM FLU.
PROTECT YOURSELF NOW!**

**FLU IS HIGHLY INFECTIOUS
AND CAN KILL!**

Flu is caused by a virus and can attack anybody, mainly during the winter months. Flu is highly infectious and spread through droplets in the air from the coughs and sneezes of infected people which you may breathe in.

Because of the changing nature of the flu viruses each year, it is important that you are vaccinated annually to ensure you are protected, as flu can make you feel too unwell to work or carry out your usual activities.

See reverse for more information.

 **masta**
your partner in vaccination

The vaccine aims to protect those who are at most risk of serious illness or death should they develop flu, and helps to prevent it being passed to family members and work colleagues.

The symptoms of flu come on quickly and include tiredness, fever, aching muscles, shivering and extreme lethargy.

It usually peaks after a few days and although most people recover after about a week it can be much more serious and cause major complications especially if you are vulnerable because of age, certain medical conditions or pregnancy.

Please check the list below to see if you are in one or more of the following groups. If you are it is recommended that you have a flu vaccination!

People aged 65 and over

Flu can be serious for older people. If you are in this group protect yourself every year with a flu vaccination.

People aged from 6 months to less than 65 years with a serious medical condition such as:

Asthma

Asthma that requires continuous or repeated use of inhaled or systemic steroids and those who have been previously admitted to hospital

Chronic Respiratory Disease

People suffering from:

- Chronic obstructive pulmonary disease (COPD) including chronic bronchitis and emphysema, bronchiectasis, cystic fibrosis, interstitial lung fibrosis, pneumoconiosis and bronchopulmonary dysplasia (BPD)
- Children who have previously been admitted to hospital for lower respiratory tract disease

Chronic Heart Disease

Including:

- Congenital heart disease
- Hypertension with cardiac complications
- Chronic heart failure
- Individuals requiring regular medication and/or follow up for ischaemic heart disease

Chronic Kidney Disease

Including anyone with:

- Chronic kidney disease at stage 3, 4 or 5
- Chronic kidney failure
- Nephrotic syndrome
- Kidney transplantation



Chronic Liver Disease

People who have:

- Cirrhosis
- Biliary atresia
- Chronic hepatitis

Chronic Neurological Disease

People who have suffered from:

- Stroke
- Transient ischaemic attack (TIA)
- Conditions in which respiratory function may be compromised due to neurological disease (e.g. post polio syndrome sufferers)

Doctors will offer vaccinations based on individual assessments for people with:

- Cerebral palsy
- Multiple sclerosis
- Hereditary and degenerative disease of the nervous system
- Severe neurological or severe learning disabilities

Diabetes

People with:

- Type 1 or type 2 diabetes requiring insulin or oral hypoglycaemic drugs, and those with diet controlled diabetes.

Low Immunity

- People with asplenia or dysfunction of the spleen
- Patients undergoing chemotherapy leading to immunosuppression
- HIV
- People taking high dose steroids

Pregnant Women

- Pregnant women at any stage of pregnancy (first, second or third trimester)

Carers

- If you receive a carer's allowance or are the main carer for an elderly or disabled person whose welfare may be at risk if you fall ill ask your doctor about a vaccination

This list is not exhaustive and your GP will make a recommendation based on clinical judgement



BOOK A FLU VACCINATION NOW!